



StayWell@Work

Monthly Strides

Taking strides to better your health

May Issue Includes

- American Stroke Month
- Mental Health Month
- World No Tobacco Day (May 31)

American Stroke Month

A stroke occurs when blood flow to the brain stops. There are two different types of stroke: ischemic (blockage of blood to the brain) and hemorrhagic (bleeding into the brain).

Symptoms of a stroke include: weakness, speech and vision problems, headaches, dizziness or loss of balance. Some risk factors include: high blood pressure, diabetes, being overweight, inactive lifestyle and tobacco use. One of the best things you can do to prevent a stroke and improve your overall health is to eat healthy. This means limiting your intake of fat and salt and eating more fruits, vegetables and whole grains. Variety is key when trying to make healthy eating a habit. Be sure to mix things up so you don't get tired of eating the same foods.

Visit StayWell Online at <https://delaware.online.staywell.com> and click on "Heart Health" under the "Health Centers" section to learn more.

Mental Health Month

With our hectic lifestyles it's common to feel stressed out. That's why it's important to know how to deal with and effectively relieve stress. Try to identify what causes you stress and what helps you relieve it. A good way to combat stress is to make time for yourself every day. Use this time to do what you enjoy and clear your mind of any problems. Try going for a walk or spending 30 minutes on an activity you really enjoy. Get enough sleep so you don't feel worn out during the day. Eat nutritious food and exercise regularly, so you have plenty of energy during the day too.

Visit StayWell Online at <https://delaware.online.staywell.com> and type "stress" or "mental health" in the search box to learn more.



World No Tobacco Day

Tobacco is currently the number one preventable cause of disease, disability and death in the United States. The National Cancer Institute estimates that every year in the U.S. smoking causes 438,000 deaths. It can cause chronic bronchitis, emphysema, cancer and increases the risk of stroke, heart attack and aneurysm. The benefits of quitting tobacco include: a reduced risk of high blood pressure, heart attack and lung cancer. Your ability to taste and smell improves and your lungs and circulation become stronger. Make the decision to quit today and start feeling the benefits of living tobacco free.

Visit StayWell Online at <https://delaware.online.staywell.com> and click on "Tobacco Use" under the "Health Centers" section to learn more.

Sources: National Cancer Institute
National Institute on Drug Abuse (NIDA)
National Institute of Mental Health

